

## **Snohomish County Music Project Express & Experience Music Therapy Programs**

**Start Date:** Wednesday April 16th  
**End Date:** Wednesday July 2, 2014

**Where:** Everett Mall Music Hall  
**Time:** 6:00pm – 8:00pm

**Session 3 begins July 9 – Sept. 24th**

**Population – Express Program: Adolescent: Referred At Risk, Adjudicated Youth**  
**Population – Experience Program: Adolescent: Referred Typical / Troubled Youth**

**Number of Referrals each Program** - Total 20 youths served/12 week period

### **STRUCTURE**

Express and Experience will start at the same time/date but will not separate into different locations until two weeks have passed. This strategy allows for all Music Therapy Practicum Students (MTPS) to learn the population and interventions; and for the Music Therapist to observe MTPS and prepare them for running interventions independently. After this two week period the two programs may separate to two locations within the Everett Mall Music Hall facility. Express will be located in theatre 2 and Experience will be located in theatre 1. The Music Therapist (MT) will transition between both programs. Community Mentor Musicians are encouraged to attend during the two weeks so as to understand the structure and flow of both programs.

### **Support Systems**

- A. Community Mentor Musicians - Experience program only
- B. Music Therapy Practicum Students X 3
  - 1. 1 – Express: Co-facilitate and Develop/ Execute session plans
  - 2. 2 - Experience: Co-facilitating MTPS: Develop/Execute session plans

### **Integrated Youth Activities**

- A. Opening Drum Circle: 6:00pm – 6:10pm: MTPS. – Rotate leading
- B. Closing Drum Circle: 7:40pm – 7:50pm: MTPS – Rotate leading
- C. Putting Instruments away: 7:50pm – 8:00pm

### **Program Based Activities –Express / Experience**

- A. Together these programs are a true Ecological Music Therapy Structure: Seeing adolescents within their layers of connections: Friends, family, institutions, community and culture; as well as the expectations that adolescents are subjected to. The music therapy interventions contain structure and fluidity to support an adolescent's many layers of connection: The goal to enhance social movement and acquisition of healthy connections. Adolescents may flow between reflective and personal musical expression to collaborative efforts in creating a musical product to performing either or both personal or collaborative musical product. The flow of musical participation requires flexibility on the part of the clinician.